

## Pick a Perfect Picnic with Wraps

Children should have access to healthy food and be able to make healthy food choices wherever they are – at home, in school, and in the community. Improving the health of the nation's children and reversing the childhood obesity epidemic is a shared responsibility and will take the commitment of parents, the foodservice industry, the media, and schools working together.

Kids love eating outdoors - no one worries about crumbs, spilled drinks, and plenty of room to run and have fun!



*Find your balance  
between food and fun*

**Exercise tips for families  
from MyPyramid**

1. **Set a good example.** Be active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.
2. **Take the President's Challenge as a family.** Track your individual physical activities together and earn awards for active lifestyles at [www.presidentschallenge.org](http://www.presidentschallenge.org).
3. **Establish a routine.** Set aside time each day as activity time—walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children 60 minutes every-day or most days.
4. **Have an activity party.** Center the next birthday party on physical activity. Try backyard Olympics, or relay races. Have a bowling or skating party.
5. **Set up a home gym.** Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.
6. **Move it!** Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.
7. **Give activity gifts.** Give gifts that encourage physical activity—active games or sporting equipment.

## Easy meal preparation

### Fruit

- Purchase an array of pack-and-go fruits that are available at supermarkets and are just right for picnics.
- Remember to wash and cut fruit to the right size for small hands.
- Pack good picnic fruits such as orange pinwheels, grapes, apple slices, and bananas.

### Vegetables

- Use dips and low-fat dressings to make vegetables fun!
- Blanch and chill vegetables, such as broccoli and carrots, to make them easier to enjoy.
- Pack good picnic vegetables such as green or red peppers slices, small carrots, broccoli trees, and sugar snap peas.

### Beverage

- Include water, the best thirst quencher for an active day.
- Use reusable containers to minimize waste.

## Picnic Points

### Pack to go

A picnic basket, cooler, beach bag, or cardboard box can be used to pack a picnic!

### Pack for food safety and cleaning

A cold pack or ice are necessary for keeping food cold.

Handwipes are essential for cleaning hands, and hand sanitizer kills the germs.

### Picnic essentials

- Large blanket or tablecloth
- Recyclable plastic or disposable plates and cups, napkins, and garbage bags
- Insect repellent, band-aids, sunscreen, and a change of clothes for the kids

### Take for fun and activity

- Bubble liquid and wands
- Butterfly net and bug jar
- Sidewalk chalk
- Binoculars
- Frisbee and kites
- Balls, bat, and glove

## Resources

U.S. Department of Agriculture. *Inside the pyramid*. Available at [mypyramid.gov/pyramid/index.html](http://mypyramid.gov/pyramid/index.html)

U.S. Department of Agriculture. *Dietary guidelines for Americans*, 2005. Available at [www.health.gov/dietaryguidelines/default.htm](http://www.health.gov/dietaryguidelines/default.htm)

National Food Service Management Institute  
The University of Mississippi  
6 Jeanette Phillips Drive  
Post Office Drawer 188  
University, Mississippi 38677-0188  
800-321-3054 · [nfsmi@olemiss.edu](mailto:nfsmi@olemiss.edu)

For more information, visit us on the Web at [www.nfsmi.org](http://www.nfsmi.org)



## Black Bean Salad and Shredded Carrot Lettuce Wrap

Yield: 8 small lettuce wraps

1 can, 15 ounces Black beans, drained  
 ½ cup Red pepper, diced  
 ½ cup Onion, diced  
 ½ cup Corn, fresh or frozen  
 1 tablespoon Cilantro  
 2 tablespoons Green onion  
 ¼ cup Southwestern salad dressing  
 8 leaves Bibb lettuce, washed  
 4 ounces Shredded carrots

- Combine black beans, red pepper, onion, corn, cilantro, and green onion. Toss with salad dressing.
- Spoon the black bean salad into lettuce cups. Top with shredded carrots. Serve.

## Nutrition Facts

Serving Size 1 lettuce wrap  
 Servings Per Container 8

Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 210mg	9%
<b>Total Carbohydrate</b> 13g	4%
Dietary Fiber 5g	20%
Sugars 2g	
<b>Protein</b> 4g	
Vitamin A 80%	Vitamin C 25%
Calcium 4%	Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

## Nutrition Facts

Serving Size 1 each  
 Servings Per Container 1

Amount Per Serving	
<b>Calories</b> 540	Calories from Fat 170
% Daily Value*	
<b>Total Fat</b> 19g	29%
Saturated Fat 6g	30%
Trans Fat 0g	
<b>Cholesterol</b> 45mg	15%
<b>Sodium</b> 2050mg	85%
<b>Total Carbohydrate</b> 69g	23%
Dietary Fiber 6g	24%
Sugars 6g	
<b>Protein</b> 22g	
Vitamin A 25%	Vitamin C 25%
Calcium 30%	Iron 30%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

## Nutrition Facts

Serving Size 1 each  
 Servings Per Container 1

Amount Per Serving	
<b>Calories</b> 460	Calories from Fat 190
% Daily Value*	
<b>Total Fat</b> 21g	32%
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 290mg	12%
<b>Total Carbohydrate</b> 58g	19%
Dietary Fiber 7g	28%
Sugars 23g	
<b>Protein</b> 14g	
Vitamin A 2%	Vitamin C 15%
Calcium 2%	Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

## Mediterranean Wrap

Yield: 1 each

1 large Spinach wrap  
 1 tablespoon Herbed cheese  
 2 ounces Turkey, sliced  
 2 tablespoons Roasted red peppers  
 ¼ cup Arugula or spinach, washed  
 3 or 4 each Calamata or black olives  
 to taste Salt  
 to taste Freshly ground black pepper

- Lay the spinach wrap on a piece of parchment. Spread the herbed cheese evenly over the surface.
- Layer the turkey, roasted red peppers, arugula or spinach, and olives. Season with salt and pepper, if desired.
- Roll the wrap, tucking in the sides to contain the fillings. Wrap in parchment paper.

## Peanut Butter and Banana Wrap

Yield: 1 each

1 small Whole-wheat tortilla  
 2 tablespoon Peanut butter  
 1 teaspoon Honey  
 1 tablespoon Crunchy cereal or granola  
 1 medium Banana

- Lay tortilla on a plate. Mix peanut butter and honey together and spread evenly on the tortilla. Sprinkle cereal over peanut butter.
- Peel, chop, and place banana on the tortilla and roll the tortilla.

\*These recipes have not been standardized for use in child nutrition programs.